

Mind over food

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Mind over food

The influence of mindset on brain, body and behaviour

1. Mindset affects neural representations of food, but only when mindset is essential for correct task performance. (this thesis)
2. Mindset affects eating behaviour, even when the mindset manipulation is indirect and not essential for correct task performance. (this thesis)
3. The assumption that the level of neural activity in response to visual high-caloric food stimuli is proportionate to the hedonic value of these food stimuli should be reconsidered. (this thesis)
4. Neural activity to food stimuli in the dopaminergic mesocorticolimbic system more likely reflects motivational saliency rather than reward value. (this thesis)
5. Physiological responses (neural or hormonal), subjective experiences (craving) and behaviour (food intake), as elicited by mindset, are incongruent. (this thesis)
6. To adequately interpret an observed pattern of neural activity and to overcome the problem of reverse inference, it is crucial to be certain about the ongoing mental process while measuring neural responses.
(Poldrack, 2011)
7. The interpretation of neural responses in a brain region of interest can be conflicting as it can have the same *level* of activation, whereas the multi-voxel *pattern* of activation can be very different.
(Mur et al., 2009)
8. Flexibility in methodology of fMRI data analysis leads to great heterogeneity in fMRI results.
(Poldrack et al., 2017 & Carp., 2012).
9. Knowledge on the impact of mindset on the psychology and physiology of eating behaviour is essential for the improvement of interventions for reducing overweight and increasing health. (impact addendum)
10. Do not think in terms of problems, but in terms of solutions.
(based on quote: "Denk niet in problemen, maar in oplossingen." Mam)